



**Zero Tolerance
Roundtable
Final
Recommendations
August 30, 2006**

The Subcommittee on Enforcement recommendations:

Major League Baseball (MLB)

1. MLB has expanded its pre-existing relationship with the Partnership for a Drug Free America to include performance-enhancing drugs. A jointly developed public service announcement (PSA) debuted at the 2005 All-Star game. MLB has committed resources to ensure the PSA receives wide distribution during game telecasts, radio broadcasts, on the Internet, and in MLB's 30 stadiums.
 - a. In conjunction with this year's inaugural World Baseball Classic, a new PSA was introduced and it has been widely distributed throughout MLB's media assets during the 2006 season.
 - b. MLB has committed in excess of \$8 million for distribution of the PSAs, which can be viewed at <http://www.drugfree.org/Portal/Steroids/index.html>. Other information from MLB and the Partnership for Drug Free America can also be found at this website.
2. MLB contributed \$1 million dollars to the Taylor Hooton Foundation. The League worked with the Foundation to develop a comprehensive nationwide education program closely tied to the MLB clubs. The program, "Chalk Talks," was held at Coors Field in Denver and Jacobs Field in Cleveland. More Chalk Talks are being planned at MLB ballparks for next year.
3. MLB held initial discussions with Joseph Califano and the National Center on Addiction and Substance Abuse about working together on an anti-steroid use campaign.
4. MLB entered into a signed agreement with Dr. Donald Catlin of UCLA to provide \$550,000 for a three-year grant to help develop a urine test to detect the use of human growth hormone.
5. MLB spends approximately \$700,000 per year on a comprehensive and bilingual testing, education, and employee assistance program for minor league athletes in the Dominican Republic and Venezuela.

Major League Baseball Players Association (MLBPA)

1. In concert with MLB, MLBPA will continue to participate in the administration of Major League Baseball's Joint Drug Prevention and Treatment Program. This Program was created in 2002 as part of a new collective bargaining agreement, and has been enhanced by amendment twice since that time. The program is administered throughout the calendar year. Testing takes place year-round; during the off-season, a player remains subject to random testing, whether his residence is located within or outside of the continental United States.

2. MLBPA staff meets with players on each club every year during Spring Training, and, in most years, also holds such meetings during the season. One of the purposes of these meetings is to discuss the operation of the Joint Drug Prevention and Treatment Program, review the list of banned substances, discuss new developments, and answer player questions. In addition, since 2001, MLBPA and MLB have distributed an educational pamphlet for players concerning the use, abuse, and potential adverse consequences of steroids, nutritional supplements, and other substances believed to augment or enhance training routines or performance, and/or showed a film covering these matters.
3. Each year, MLB and MLBPA jointly conduct the Rookie Career Development Program. Begun in 1991, the Rookie Program serves to educate young players about to enter the Major Leagues on important issues they likely will face as Major Leaguers. Part of the Rookie program consists of education on the dangers and consequences of the use of illegal performance-enhancing drugs.
4. Players from all over the world play Major League Baseball, many of whom do not speak or are not fluent in English. Our educational materials are in both English and Spanish, and translation is routinely available at meetings and at the Rookie Program.
5. Given the uncertainty about the ingredients in, and manufacturing standards for, some products legally available for sale in the United States, MLBPA and MLB have combined with NSF International to design a procedure under which manufacturers may submit their products, including dietary supplements, for testing to determine if that product contains a substance which could cause a player to test positive. NSF is a not-for-profit organization which engages in state-of-the-art testing of products with the goal of protecting the health and safety of consumers.
6. In the past, MLBPA has helped to fund needed scientific research on matters not otherwise being addressed, and which the Association believes may be particularly important to or may have a particular impact on professional baseball. In 1999, following a review of the scientific literature regarding androstenedione (which was legally available at that time) that underscored the inadequacy of the available research, MLBPA, along with MLB, commissioned a study of androstenedione by two distinguished scientists at Massachusetts General Hospital, Drs. Benjamin Leder and Joel Finkelstein. MLBPA will continue to consider sponsoring such research where warranted.
7. On an ongoing basis, MLBPA will continue to review the operation of the Joint Drug Prevention and Treatment Program, to make sure that it continues to meet the objective of successfully deterring the use of unlawful performance enhancing substances. In addition, at future Executive Board meetings the players expect to discuss and consider participation in the development of educational materials and/or programs targeted at high school and university students, including but not

necessarily limited to athletes, as well as what further role the Association, and its individual members, may appropriately play in such efforts.

National Football League (NFL)

1. NFL will continue to run nationally televised public service announcements (PSAs). The PSAs for the 2005 NFL season ran during approximately 12 games on broadcast television and the NFL Network. The cost of the PSAs was around \$2 million.
2. NFL has included anti-steroid information to the curriculum for USA Football's Huddle 2006, an annual 2-day conference for youth football coaches, league administrators and game officials that provides networking, clinics, and informative sessions on health & safety, coaching developments, league enhancement, and recruitment/retention of officials. Huddle 2006 was held in Houston on June 23-24 and welcomed over 500 attendees.
3. Dr. Linn Goldberg addressed 200 plus high school football coaches at the annual NFL Youth Football Summit in August during the Pro Football Hall of Fame Weekend. Dr. Goldberg spoke on preventing the use of steroids and other performance-enhancing drugs among high school students.
4. NFL has expanded the curriculum on steroids, human growth hormones, and other performance-enhancing substances at the annual Rookie Symposium, a 4-day mandatory orientation program for all recently drafted NFL players.
5. NFL and the NFL Players Association have dedicated a specific funding pool, of at least \$500,000, for research on the analysis and detection of human growth hormone.

National Football League Players Association (NFLPA)

1. Along with NFL, NFLPA administers the League's Substance Abuse Policies and Programs. This includes, among other things, educating the players about the Program through literature, videos, a toll-free hotline, and mandatory meetings; adding to the list of banned substances; developing new and improved testing techniques; increasing the number of tests and reducing the threshold for determining positive use.
2. NFLPA assisted in producing Guides on Fitness, Nutrition, Safety and Conditioning entitled "Play Safe! NFL Youth Football Health and Safety Series" which is distributed to a wide range of youth groups nationally targeting high school athletes and also available at www.nflhs.com.
3. Members of NFLPA personally participated in the annual NFL Youth Football Summit. Members also participate in public service announcements with NFL

sponsorship and regularly meet with young people – athletes and non-athletes, girls as well as boys, in a wide range of settings to counsel against the use of performance enhancing substances.

4. In the 2006-2007 season, NFLPA will jointly endow the NFL USA Football, an advocacy and educational organization that promotes health and safety in football and opposes the use of performance enhancing substances.
5. NFLPA conducts meetings with college football players, coaches, and NCAA administrators at colleges and universities that historically have produced large numbers of NFL players and explains the League's Substance Abuse Policies and Programs. The universities include Alabama, Maryland, Penn State, North Carolina State, Clemson, Auburn, and others. This program named, "Pipeline with the Pros" includes meetings with parents and families as well as prospective NFL players.
6. NFL Players will continue to jointly administer the Native Vision Program of life/athletic skills with the Johns Hopkins Center for American Indian Health. The program includes an Annual Summer Camp where professional athletes conduct sports clinics on Native American reservations and the programs comprise an anti-substance abuse, including steroids, curriculum. For more information, see www.nativevision.org.

National Basketball Association (NBA)

1. The Junior NBA/Junior WNBA recently completed its fifth successful year, with participation from 750,000 youth players (boys and girls, ages 5-14), 1.5 million parents, and 75,000 coaches. Current and retired NBA and WNBA players participate at each Junior NBA/Junior WNBA camp. Youth players are taught "Training with Integrity." The program was established based on NBA's participation with the Partnership for a Drug Free America. "Training with Integrity" teaches youth players that every drug, be it a "party" or "enhancing" drug, has no place in the lives of athletes. Each participant is given a guidebook that reinforces this message.
2. Over the past 16 months, NBA has provided \$500,000 to the Partnership for Drug Free America. During the same timeframe, anti-steroid public service announcements (PSAs) have run more than 250,000 times on NBA TV and NBA.com.
3. NBA will be contributing another \$500,000 to the Partnership for Drug Free America for their PSA campaign.
4. NBA Deputy Commissioner, Adam Silver serves as a member of the Partnership for Drug Free American Board of Directors.

5. Select NBA players and Tom Abdenour, head athletic trainer for the Golden State Warriors, will be featured on a DVD with supports the National Federation of State High School Associations' (NFHS) Make the Right Choice Campaign.
 - a. The DVD will be tagged with the "NBA Cares" branding and will be distributed to all 51 NFHS affiliates.
 - b. The DVD, and all follow-up PSAs that include participation by NBA players, will be distributed by NFHS to thousands of high schools, reaching millions of students.

National Hockey League (NHL)

1. NHL is currently supporting the production of an anti-steroid public service announcement (PSA) produced by the National Federation of State High School Associations. This PSA will be distributed to over 18,000 high schools nationwide and target both athletes and their parents.
2. NHL has an ongoing program to educate players and team personnel about performance enhancing drugs, drugs of abuse and alcohol, through literature, 24/7/365 hotline access, and mandatory meetings about the dangers of steroid use and the League testing program. In addition to the players, NHL also educates trainers, team physicians, agents, and equipment managers. The NHL's drug program doctors have participated in local drug-testing and anti-steroid initiatives.
3. In the past, various NHL franchises have donated both time and money to anti-drug and anti-steroid programs around the country, including:
 - a. The Detroit Red Wings franchise participated in the "Partnership For A Drug Free Michigan" program;
 - b. The Nashville Predators franchise donated to the "Just Say No" program;
 - c. A program called "Team Cool Kids" was sponsored in part by the Pittsburgh Penguins. As part of the program, middle-school classes created programs against substance abuse. A competition among the classes was held in the months of December, January and February. The winning program was honored with a player appearance at the school and acknowledgement at a Penguins game; and
 - d. The Columbus Blue Jackets have been involved in a program with the First Lady of Ohio, called "Sober Truth."

The Subcommittee on Education recommendations:

1. Steroid education programs should start at the grade school level. Push the Department of Education to work with the Department of Health and Human Services to make kids aware of the dangers of the use of steroids.

2. Encourage the professional sports leagues (Major League Baseball, National Football League, National Basketball Association, National Hockey League, etc.) to come up with creative ways to increase revenues for education efforts. As an example, the leagues could donate a surcharge on ticket sales for steroid education purposes.
3. Encourage the President's Council on Physical Fitness to look at steroid use among teens and focus more effort on steroid education.
4. Advocate that the VERB Campaign at Centers for Disease Control and Prevention work with steroid education campaigns (such as some of the campaigns represented among participants on the Subcommittee on Education) to increase awareness of the dangers of steroids.

The Subcommittee on Testing recommendations:

1. Currently the Office of National Drug Control Policy (ONDCP) publishes literature for communities and school districts on student drug testing. ONDCP should create a companion piece to address student testing for steroids and performance enhancing drugs. This document would supplement the existing ONDCP materials and would be made readily available to communities and school districts. (Please see attached)
2. Request a Government Accountability Office (GAO) study to look at all available data and research on teenage steroid and other performance-enhancing drug abuse and a review of all federal programs and efforts to address this problem. This report will provide a better understanding of the problem and further discussion on what additional research is needed, the adequacy of existing efforts, and what supplementary efforts are necessary.
3. After GAO publishes its report, law enforcement agencies should re-evaluate data collection processes to ensure accurate capture of data.
4. Effective and comprehensive prevention programs similar to, and including, ATLAS/ATHENA should be endorsed and promoted in high schools and middle schools as alternatives to student drug testing if it is more affordable and more widely accepted by the community.
5. ONDCP should consider incorporating steroids and illegal performance-enhancing drugs into its National Youth Anti-Drug Media Campaign.